



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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North Dakotans Share Tips for Enjoying Fruits and Veggies

BISMARCK, N.D. – The 5 + 5 Communities Program today announced the winning tips in the *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest*, according to Deanna Askew, healthy weight coordinator for the North Dakota Department of Health.

The North Dakota 5 + 5 Communities Program and the North Dakota Department of Health sponsored the contest, which awards North Dakota families with prizes and recognition for sharing their original and creative ideas for serving fruits and vegetables. About 70 entries were submitted. The following tips were selected for recognition:

- To include more fruits and vegetables as she shops for her family, Maria R. of Napoleon starts shopping in the produce section first, choosing a wide variety of colors and products in season and on sale.
- Amy E. of Fargo aims to balance family dinners, even pizza, by serving fruits and vegetables with each meal.
- Many families are “on the go.” Denise B. of Parshall sets out a bowl of cut-up apples, peeled oranges, grapes or carrots on the table when they are home. Denise is also sure to pack these foods on ice in an insulated cooler when the family is out boating in the summer.
- At breakfast time, Ann F. of Bismarck makes fruit smoothies for her kids. To help make sure that fruit is ready to go, she buys or picks blueberries and strawberries fresh in the summer and freezes them in convenient one-cup packages.
- At snack time, Rita L. of McVille serves apples along with popcorn. She finds that the refreshing apples replace sodas that many people drink along with popcorn.

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- To help her young son make smart choices, Lisa D. of Cogswell keeps her refrigerator snack drawer stocked with 100 percent juice boxes, boxed raisins, apples, oranges and peeled carrots. With these foods right at eye level and ready to eat, he helps himself for his morning and afternoon snacks.
- Shana H. of Fargo encourages folks to try shopping at a local farmers' market or joining a community-supported agriculture (CSA) venture. By participating in a CSA, people invest with the grower at the beginning of the season, then get weekly shipments of vegetables at harvest time. Shana has found this introduces her family to new foods. She encourages families to have fun together preparing fruits and veggies, and finds her kids like the idea of a farm. For more information on CSAs, see www.nal.usda.gov/afsic/pubs/csa/csa.shtml

The Get Smart! tips help moms and families realize that introducing more fruits and vegetables into their families' day is easier than they think. The tips show that North Dakota families are including more fruits and vegetables in meals and snacks by using canned, frozen, dried or 100 percent juice, in addition to fresh.

The 5 + 5 Communities Program is celebrating 10 years in 2008, and encourages and supports North Dakota communities in their quest to help their citizens lead healthier lives and build a *Healthy North Dakota*. Goals of the 5 + 5 Program are to encourage North Dakotans to eat fruits and vegetables five times a day and to encourage North Dakotans to be physically active for 30 minutes at least five days a week.

To view more winning Tip Contest entries, go to www.healthynd.org. For more information, contact Deanna Askew, North Dakota Department of Health, at 701.328.4568 or Karen Ehrens, 5 + 5 Communities coordinator, at 701.223.2616.



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